



NEW GENERATION



MAYNARD COUNCIL ON AGING & SENIOR CENTER
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009



SEPT./OCT. 2020

METAL-ITY Outdoor Art Exhibition At Artspace!

Same Fall From the Outside

Walking around town and neighborhoods, as the wind chills more and more, the leaves turn colors, and plans are made for planting bulbs for the spring, one would see the autumn of 2020 as any other, from the outside that is. Inside, uncertainties and anxieties still abound. From school re-openings, to park visits, walking down Main Street, patronizing the farmers' market, and thoughts towards orchards and Halloween and traditional Fall celebrations, nothing is typical this year and no one knows just how things will turn out.

However, there are activities that I am very much looking forward to this Fall:

Getting lunch and dinner at the restaurants downtown, as well as now at Maynard Crossing at 129 Parker Street, is a great way to enjoy the cool autumn air outdoors. So many locations have embraced the town's outdoor expansion of premises initiative, and I'm hungry to now try my favorite dishes outdoors!

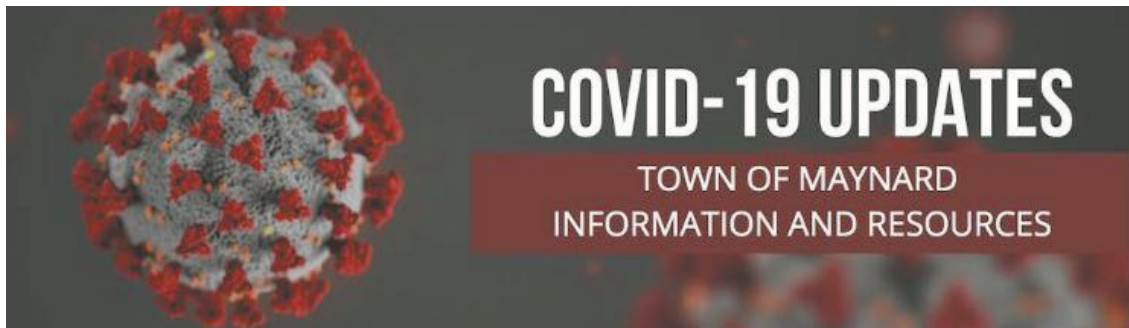
Our Fall Special Town Meeting is being planned to be held outdoors, drive-in style, just like June's meeting. It will be on Saturday, October 3, 2020, starting at 1:00pm at the Mill & Main parking lot south of the pond off of Sudbury Street. Check out the webpage about it on the town's website. <https://www.townofmaynard-ma.gov/gov/town-meeting/>

On the same day, Saturday October 3, the Maynard Sesquicentennial Committee invites you to join us for a Drive-In Movie at 7:00 pm at the Fowler School parking lot! The committee is excited to offer a free, socially distanced viewing of Back To The Future on a big (outdoor) screen. The event - sponsored by the Committee and the Maynard Fine Arts theater, and in partnership with the Maynard Cultural Council and the Maynard Film Festival - is a free event to celebrate the town of Maynard and offer a fun, safe community activity. If you plan to join us, or have questions, you can email Lindsay: Lindsayhm@gmail.com.

Congratulations to Town Clerk Michelle Jenkins and the election workers that successfully executed the recent state elections. From ballot mailing and counting, early voting, and the day-of operations, it was a huge undertaking, and won't be the last. We still have the Presidential Election and Special Election for any votes subsequent to the Special Town Meeting! For information on elections, please see the Town Clerk's Office's voter guide: <https://www.townofmaynard-ma.gov/gov/elections/voter-guide/>

You have a new Deputy Chief in the Maynard Police Department: Chris Troiano! Deputy Chief Troiano comes (back) to Maynard from a long and highly reputable tenure in Concord, but started his career as an officer in Maynard!

Please visit the town website www.townofmaynard-ma.gov and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the Town's newsletter.



Please be safe and cautious in your daily activities and encourage your peers to do the same. Keep your ears and eyes open to further public health directions, and to news and offerings from the Council on Aging.

In an attempt to distract from the state of the world: Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,
Greg Johnson**

Town Administrator
gjohnson@townofmaynard.net

Together Though Apart

Looking outside as I write this, I see leaves changing color and my mum's flowers starting to open. When the Council on Aging closed on March 13 none of us imagined we would be where we (and the world) are today. I found an email I sent before Town Hall officially closed. I was expressing concern of the risk with seniors in such close proximity at the COA and adhering to the safety precautions required at that time (handwashing, handwashing, handwashing). As knowledge about COVID-19's transmission has grown, we're still in the same place of concern about risk in close proximity, as well as spending more time indoors with the flu season just around the corner. This fall we'll be continuing with our virtual programming, whether online or through dial-in resources. The Council on Aging's services will be provided remotely and the COA van will continue to provide transportation for essential services only.

If you haven't already, now is a good time to start planning for in-home activities as the weather changes. Try a fitness class, whether via Zoom or on cable TV. Call the COA if you need an exercise DVD from the GO4Life series (limited amount but do call). We also have the exercises in hard copy. Contact the COA about a laptop lending program.

I'm very excited about Blue Cross Blue Shields' wellness programs on page 8. I've joined some of the events on Highway61 and really enjoyed hearing from seniors (and senior center staff) from all over the U.S. I'll be checking out the Tele-Fun-Calls through Perkins Library as well. (page 9) The Maynard Library is offering great programs and drive-by book pick up (see pages 6 and 7). Fine Arts Theatre has re-opened – see page 16.

Our next Grab-n-Go lunch, sponsored with Open Table, is on October 5 at noon. Drive through, wearing a mask and staying in your car, pick up a delicious lunch and say hello! Pat and I would love to see you! Please contact the COA to sign up – there is a limit – and tell us if you need delivery. The photos on the right from our first Grab-n-Go show masks hiding a lot of smiles!

September 28 is Good Neighbor Day, but don't limit it to just one day or one month. See page 11 for an idea on how to introduce yourself to someone who might feel isolated or just in need of a "hello" (this great idea was "borrowed" from the Lexington COA, with permission!). If you aren't able to spend safe time with someone, email, text or call! Become a "phone buddy" in the tradition of a "pen pal." Establishing a routine for reaching out to someone is a way to feel connected each day. My daily evening walk is bookended by an outdoor chat with my 86-year-old neighbor. We don't have "exciting" news since we spend most of our time at home, but we both enjoy sharing the latest update on how the neighbor caught a skunk instead of the woodchuck (for the third time) or commiserating about the humidity. My neighbor listens to my love of birds while wishing to rid herself of sparrows nesting in the porch's gutters. I mow her lawn; she supplies the ice cream.



Thank You Open Table!



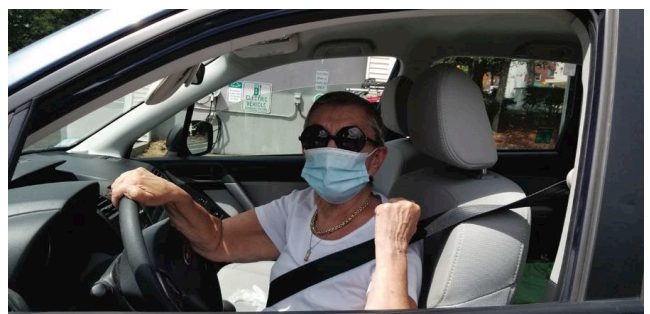
Marge Mallinson



Loretta West



Nancy Wentworth



Heni Bieler

~ Amy Loveless

Director

Maynard Council on Aging & Senior Center



The Town is unable to offer flu vaccination clinic services this year.

The Maynard Farmers Market

The Maynard Farmers' Market is held every Saturday from 9:00 a.m. to 1:00 p.m. in the parking lot on Main Street in front of the Mill Pond. We're heading into our final month with the last date being September 26. Our vendors have offered amazing produce and beautiful flowers, local honey, meat and eggs as well as home baked treats. We are well into the ever-popular tomato and corn season and we will be seeing autumn produce as we move into September.

In addition to our weekly vendors - Applefield and Brigham Farms, Balance Rock Farm with its meat, cheese and egg offerings, the Cookie Lady offering baked goods, and Hudson Hives with local honey, additional vendors will be appearing some weeks.

Maple Rise from Winooski, Vermont will be offering maple cream, maple sugar and maple powder at the market on Sept. 19. Jennifer's Handmade Soap will be joining us on Sept. 26 along with Natalie Boily and her Wellness & Oils who will be at the market on both Sept. 19 and Sept. 26. It's not too early to think about stocking up on some gifts.



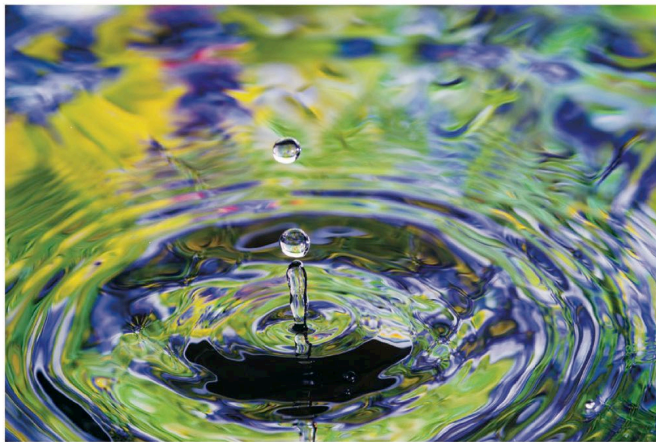
Maynard Farmers Market Guidelines:

We are required to limit the number of shoppers in the Market area and you will follow a one-way flow through the vendors. Your items must be selected for you by the vendors (no touching until after payment). Here are some of the other rules you will need to follow to ensure a safe environment for everyone:

- If you're sick, or under quarantine, stay home.
- Shop alone if you can. Leave the kids at home if possible.
- Masks or other face coverings over the nose and mouth are required.
- Use the provided hand sanitizer before entering the market.
- No pets allowed in the Market area.
- Stay six feet apart: follow social distancing rules.



Be sure to visit our website – maynardfarmersmarket.com for a diagram of the Market layout and the opportunity to pre-buy from some of our vendors. Follow our Facebook page for the latest updates www.Facebook.com/MaynardFarmersMarket.



Splish, Splash and Pour

Photographs by Julie Smith L'Heureux

Julie Smith L'Heureux captures liquids in motion as they splash, dance and create exotic shapes through photography.

In Gallery: August 27 – November 14, 2020
Online: 6bridges.gallery/splish-splash-and-pour/
Reception: September 12, 5:00 – 7:00 pm

GALLERY HOURS

Thurs – Saturday, 12 – 5 pm

Masks required.

GIFT CERTIFICATES & PERSONAL SHOPPING

6bridges.gallery/shop/

Give the joy of art and fine craft. Available via email, FaceTime, Zoom, or in-person.

HOLIDAY MARKET

Opens November 19th.

 **6 Bridges Gallery**
FINE ART AND CRAFT

6bridges.gallery
77 Main Street
Maynard, MA 01740
6bridgesgallery@gmail.com



Annual Medicare Open Enrollment October 15 – December 7, 2020

Are you thinking about changing your Medicare Advantage or Medigap Supplement Plan? Are your prescription costs unaffordable? Do you want to learn about Medicare Savings Programs for income eligible beneficiaries? Annual Medicare Open Enrollment October 15, 2020 – December 7, 2020 is the best time of year to compare plans, costs and new benefits. Please call (978) 897-1009 to schedule a virtual or telephonic SHINE counseling session now. Due to COVID-19 there will be no in person SHINE counseling this season.

SHINE is a free service of Minuteman Senior Services and partially funded by the federal Administration for Community Living with local funding provided by Lahey Health, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations.

Medicare Resources

Medicare

(800) 633-4227 TTY: (877) 486-2048
<https://www.medicare.gov/>

Prescription Advantage

Massachusetts program to assist with Part D prescription drug coverage
(800) 243-4636 press #2
www.prescriptionadvantagemma.gov

Medicare Rights Center

<https://www.medicareinteractive.org/>
Learn everything you need to know about Medicare

Medicare Advocacy Project

(617) 603-1578 or (617) 603-1600 (under 60)
Senior Helpline (800) 342-5297 (60+)
Assistance with denials, late enrollment penalties and more
www.gbls.org

Open Table Pantry

Open Table's drive-thru pantry hours are: Tuesdays from 1-6:30 and Thursdays from 1-4:30. New guests are always welcome; just come after 5:00 on Tuesday or from 1-3 pm on Thursday and we'll get you set up and send you home with groceries! We have fresh produce from local farms, including Gaining Ground in Concord, plenty of dairy, proteins, and shelf-stable pantry items. And we have chefs from local restaurants who come in and prepare ready-to-eat meals for you to take with you. We're at 33 Main Street in Maynard, open air pantry takes place in the municipal parking lot on Summer Street, across from the Maynard Fine Arts Cinema. And if you want to hear more about our plans for the coming year, join our virtual Annual Meeting on Wednesday, September 23rd. Look for the Zoom link on our Facebook page and website, www.opentable.org.

Special Town Meeting
Saturday, October 3, 2020 at 1:00 p.m.
Mill and Main Parking Lot off of Sudbury Street

Town of Maynard *Payment of Taxes may be handled by the following options:*

- Pay outstanding taxes online at: City Hall Systems
- Mail payments to 195 Main Street, Maynard 01754
- Mail payments directly to the bank at P.O. Box 865, Reading, MA 01867
- Leave payments in the locked box outside Town Hall, which is to the left of the front door

Trash Stickers are available at Russell's Convenience Store, The Corner Store, Aubuchon in Stow, and the Seven-Eleven. If none of those options are viable for you, please send a check to the Treasurer's Office and include a self-addressed stamped envelope. We will mail trash stickers back to you as quickly as we can.

The Treasurer/Collector's Office is available for questions at 978-897-1305. If you do not reach us, please leave a message and we will return your call. We are also available via email:

ckane@townofmaynard.net
sbaltazar@townofmaynard.net
ddonovan@townofmaynard.net

NEED HELP PAYING HEATING COSTS???

Low Income Home Energy Assistance Program (LIHEAP)
– LIHEAP helps low-income individuals and seniors pay their heating bills during the winter months.

The Fuel Assistance program is a federally funded program that helps eligible clients with their costs for any primary heating expenses accrued between November 1st to April 30th. The eligibility determination process is done annually, and applications are accepted until April 30th every year. If you are eligible for the program, you may also qualify for Energy Conservation Services, the Appliance Replacement program, and Heating System Replacement and Repairs.

The South Middlesex Opportunity Council (SMOC) has operated its Fuel Assistance program since 1976. This year, however, there will be no in person interviews either at SMOC or at the Council on Aging. The COA is following all recommendations from the CDC during the COVID pandemic. We will adhere to strict protocol during this application process for the health and safety of applicants and staff. If you are interested in applying for Fuel Assistance, please do not drop off or mail your documents. Please call Pat at the COA to find out how your application will be accepted and processed.

For more information contact the Maynard Council on Aging to schedule a phone appointment with Pat Kozik at 978-897-1009.

Maynard Public Library

Special Services While We're Closed to Patrons

Curbside Printing—Email a document to maycirc@minlib.net and we'll print it for you

New Library Card or Replacement—Email maycirc@minlib.net and we'll help you out

Email and Phone Support—Call 978-897-1010 x103 or fill out the form at <https://www.maynardpubliclibrary.org/reference> to ask a question

Request a Book—Email the title and author and we'll request the book for you. Need a suggestion? Let us know what you like to read and we'll find books you'll like

Miss Browsing the New Books? Check out book covers at <https://www.maynardpubliclibrary.org/new-items-adult> Click the images to request the book from the catalog.

Curbside Pickup is now expanded to 2-7 on Tuesdays! Available 2-5 on other weekdays.



Culturally Curious

Art Talk Series with Jane Oneail



**Edward Hopper:
Sunlight and Solitude
Tuesday, Sept 29 at 7 PM**



**John Singer Sargent:
Master with a Brush
Tuesday, Oct 13 at 7 PM**

Find out more and register at <https://www.maynardpubliclibrary.org/art-talks>

Sponsored by the Friends of the Maynard Library

Virtual Book Mill Discussion Group - Fall 2020

September 22, 2020

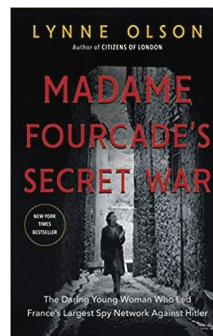
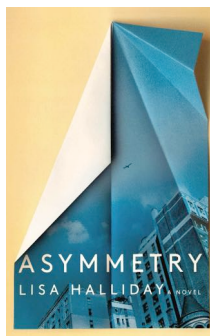
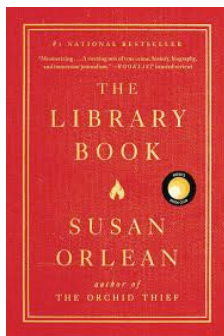
The Library Book by Susan Orlean

October 20, 2020

Asymmetry by Lisa Halliday

November 24, 2020

**Madame Fourcade's Secret War: The Daring Young Woman
Who Led France's Largest Spy Network Against Hitler** by Lynne Olson



Join the Library's lively and long-running discussion group for one meeting or all of them! This fall, the discussions will be held over Zoom. Please email sthurston@minlib.net to be added to the meeting mailing list. Books will be available for curbside pickup at the Library.

Join Our Wellness Webinars!

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

All are welcome—you don't have to be a Blue Cross member to participate.

Register for a Live Health Webinar

Please see our webinar descriptions on the following pages. Click to register for a webinar on a day and time that works best for you.

Wednesday, September 23 10:30 a.m.–11:00 a.m. ET Six Strategies for Supporting a Healthy Immune System Presenters: Lisa Farnham & Tricia Silverman Register Now at bcbsma.info/Sept23	Thursday, November 5 2:00 p.m.–2:30 p.m. ET Nutrition Do's and Don'ts During Uncertain Times Presenters: William Rowbottom & Tricia Silverman Register Now at bcbsma.info/Nov5
Monday, October 5 10:30 a.m.–11:00 a.m. ET Calming Anxiety in Times of Uncertainty Presenters: Jenna Feitelberg & Janet Fontana Register Now at bcbsma.info/Oct5	Wednesday, November 18 10:00 a.m.–10:30 a.m. ET Nutrition and Sleep: Fascinating Connections Presenters: Lisa Farnham & Tricia Silverman Register Now at bcbsma.info/Nov18
Tuesday, October 20 11:00 a.m.–11:30 a.m. ET Yoga Chair Stretches and Guided Relaxation Presenters: Luisa Lewis & Janet Fontana Register Now at bcbsma.info/Oct20	December 8 2:00 p.m.–2:30 p.m. ET Taming Your Mind with Mindfulness Techniques Presenters: Jenna Feitelberg & Janet Fontana Register Now at bcbsma.info/Dec8

Calming Anxiety in Times of Uncertainty

Presented by Janet Fontana, RN and Certified Health Coach

Anxiety is a normal reaction to stress. In times of uncertainty, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thoughts, and lessen anxiety. Practice breathing exercises that promote relaxation and help you feel calmer.

Yoga Chair Stretches and Guided Relaxation Practice

Presented by Janet Fontana, RN and Certified Health Coach

Join us to practice stress-relieving yoga chair stretches to ease tight muscles in your neck, shoulders, and back, followed by a 10-minute guided meditation. Practicing meditation and connecting with others can help us better cope with stress and feel less isolated. No previous yoga or meditation experience necessary. You're welcome to attend this webinar session with or without video.

Six Strategies for Supporting a Healthy Immune System

Presented by Tricia Silverman, RD

Join us to learn practical nutrition and wellness tips for nurturing your immune system. See examples of healthy foods you can purchase. Find out why sugar, and comfort foods like carbohydrates, may work against your immune system. Hear about Japanese forest-bathing, and how this technique may benefit your health.

Taming Your Mind with Mindfulness Techniques

Presented by Janet Fontana, RN and Certified Health Coach

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

Nutrition and Sleep: Fascinating Connections

Presented by Tricia Silverman, RD

Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods, herbs, teas, and minerals can make you feel sleepier, or interfere with your sleep.

Nutrition Do's and Don'ts During Uncertain Times

Presented by Tricia Silverman, RD

Are uncertain times causing you to eat or drink more and move less? Learn alternatives to comfort foods, and how to use mindful eating and drinking practices when you do indulge. Discover strategies to manage food and optimize nutrition while working from home.

Something For Everyone

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9:30am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Fitness with Holly Level 1 • Mondays at 11am

Join us in this fun, motivating (and at times challenging!) class where senior exercisers look forward to attending. Participants will start at a beginner level using a chair when necessary and are guaranteed to improve their strength, cardiovascular endurance, balance and flexibility. Come join the fun with other Maynard seniors on Zoom and improve your health & wellness. Holly Kuovo is a personal trainer who taught the successful Brains & Balance class at the Maynard COA. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:30am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

How To Use Zoom With Your Phone

<https://www.youtube.com/watch?v=d6QjODgTuQE>

Marcia Chadly

Highway61 (www.highway61.co)

An audio chatroom for seniors!

Join virtual events/discussions from senior communities all over the United States!

Some events on Highway61 include:

Trivia, Bingo, Coffee Chats

Travel Stories, Virtual Charades

How to Play Bridge Online

Pitfalls of Packaging

Computer Classes and more

New events are added along with weekly recurring events

For a calendar of events go to:

calendar.highway61.co

Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

Internet Service Offers

Free or Lower Cost Options

(eligibility varies based on income)

Comcast Essentials • (855) 846-8376

Verizon (for participants in the Lifeline program or FIOS at a lower rates) • (800) 837-4966

AT&T • (855) 220-5211

Tele-Fun-Calls

The Perkins Library is proud to present a new outreach program called "Tele-Fun-Calls." These recurring, scheduled programs happen every week. Patrons call a special toll-free number and enter a special meeting ID to be connected with other Perkins patrons from across the state. Tele-Fun-Calls include and activities and games like Trivia, Name-That-Tune and Family Feud. There are Movie Matinees every Monday as well as a Listening Library hour with radio dramas. New content is being planned and will include a poetry group and a virtual classroom where patrons can listen to audio-described educational videos and documentaries over the phone from the comfort of one's home.

Mondays: 10:00 a.m. to 12:00 p.m.

Monday Movie Matinee includes classic films with audio descriptions hosted by Gino Russo and Tanja Milojevic

MONDAY-WEDNESDAY-FRIDAY: 1:00 p.m. to 2:00 p.m.

Trivia Spelling Bee's Name-That-Tune and more with Erin Fragola

Tuesdays: 2:00 p.m. to 3:00 p.m.

Teaching Tuesdays on the first, second and fourth Tuesday featuring introductory assistive technology sessions of interest. On the third Tuesday, Library Without Walls includes special author presentations and book discussions with Gina Russo

Wednesdays: 4:00 p.m. to 5:00 p.m.

Remember When Days featuring past Perkins Library Without Walls programs with Gina Russo.

Thursdays: 2:30 p.m. to 3:30 p.m.

Perkins Listening Library featuring contemporary audio dramas with Gina Russo and Tanja Milojevic

To join the fun and signup: Contact Beth at (617) 972-7241 or email Elizabeth.White@perkins.org

General Resources

Minuteman Senior Services

www.minutemansenior.org

(781) 272-7177

(888) 222-6171

Homecare, Caregiver Support, Legal Services, Senior Nutrition, Health Insurance Counseling (SHINE) and more.

800AgeInfo

www.800ageinfo.com

(800) 243-4636

South Middlesex Opportunity Council (SMOC)

7 Bishop Street, Framingham, MA 01702

(508) 872-4853

Fuel Assistance Program, Housing, Rental Assistance Program (508) 620-0653, Financial Assistance for Homeowners and Tenants, Emergency Shelter Services and more.

Mass211 Public Information and Referral Program

www.mass211.org

SNAP/food stamps

www.fns.usda.gov/snap • (800) 221-5689

Maynard Council on Aging Services

The Maynard Council on Aging is continuing to provide services even though the COA is closed to the public. Please contact us for information and referral for supportive services including homecare, health insurance counseling, fuel assistance, food resources, housing, legal issues, public assistance programs and transportation. The Council on Aging is accepting and lending durable medical equipment – please call before leaving any equipment at the COA. When you call the COA please leave a message and we will return your call as soon as possible.

AARP Driver Safety program

The AARP Driver Safety program will not be available in-person this year. If you need to take a class to keep your insurance discount you can complete the class online. AARP will be offering a special 25% discount through December 31, 2020.

www.aarpdriversafety.org

Promo discount for 25% off is DRIVING SKILLS

Maynard Council on Aging Van Service

To make a reservation call CrossTown Connect at (978) 844-6809

The Council on Aging van is operating five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, and grocery stores. We are transporting one rider at a time on our twelve-seater vans. We are following strict safety precautions including disinfection procedures during a shift and after each rider, spacing riders to achieve maximum distance apart, requiring riders to wear a mask and providing hand sanitizer when riders enter and re-enter the van. The drivers will be wearing face shields in addition to masks when assisting a rider on the lift or are in close proximity to a rider.

There is no fee to ride the van at this time. Reservations must be made at least 48 hours in advance. Flexibility when making a reservation is required as medical appointments are the priority. All riders are screened for symptoms of COVID-19 and it is expected that if you are not feeling well you should not make a reservation.

Residents of Maynard, 60 years of age and older, as well those with disabilities, may use the van.

Please contact the Council on Aging at (978) 897-1009 if you have any questions.

Celebrate Good Neighbor Day on September 28!

What a better time than now to celebrate National Good Neighbor Day on September 28 (the date was later changed from September 24). In the 1970's a woman named Betsy Mattson created National Good Neighbor Day and President Jimmy Carter signed a proclamation:

As our Nation struggles to build friendship among the peoples of this world, we are mindful that the noblest human concern is concern for others.

Understanding, love, and respect build cohesive families and communities. The same bonds cement our Nation, and the nations of the world.

For most of us, this sense of community is nurtured and expressed in our neighborhoods where we give each other an opportunity to share and feel part of a larger family.

In recognition of the importance of fostering compassion and respect in ourselves for our neighbors, the Congress has requested the proclamation of September 24, 1978, as National Good Neighbor Day (S.J. Res. 133).

Now, Therefore, I, Jimmy Carter, President of the United States of America, do hereby proclaim Sunday, September 24, 1978, as National Good Neighbor Day.

I call upon the people of the United States and interested groups and organizations to observe such day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this twenty-second day of September, in the year of our Lord nineteen hundred seventy-eight, and of the Independence of the United States of America the two hundred and third.

This "post card" can be cut out so you can complete and share with someone in your neighborhood. I encourage all of us to consider this an opportunity to safely reach out to those around us.



Hello Neighbor!

Hello, my name is _____

and I live at _____

and I would love to get to know you!

A fun fact about me is: _____

Would you like to say hello?

My contact information is:

Call or text me: _____

Email me: _____

*Sponsored by the Maynard Council on Aging
in celebration of National Good Neighbor Day*

Maynard Food Relief Resource Guide

Food Pantries and Services

Maynard Food Pantry and Backpack Program: Provides food and personal items to residents of Maynard, Acton, Sudbury, Stow & Concord. Food backpacks distributed in the summer at drive-thru pantry and during the school year at each school on Friday afternoons.

- When: Mondays 9:30am-12:00 PM
- Where: 82 Main Street, Maynard. Drive-thru pantry entrance on River Street
- Website: <http://www.maynardfoodpantry.com>

Open Table: Food pantry and prepared meals (distributed in grocery bags). Some choice in protein and other weekly offerings. SNAP sign-up support upon request.

- When: Tuesdays 1:00-6:30pm, Thursdays 1:00-4:30pm
- Where: Drive-thru Pantry at Maynard municipal parking lot behind 33 Main Street (enter from Summer Street)
- Website: <https://www.opentable.org>

Acton-Boxborough High School: Offering bagged breakfasts and lunches to anyone in need under the age of 21.

- When: 11:30am-1:00pm Mondays, Wednesdays, and Fridays
- Where: 15 Charter Road, Acton
- Website: https://www.abschools.org/district/food_services

The Acton Food Pantry: Food provided to anyone in need. Drive-thru pantry for clients in cars and on foot.

- When: Wednesdays 10:00am-7:00pm, Thursdays 9:30-11:30am. Closed the 4th Wednesday of each month (will be closed July 22nd and 23rd).
- Where: 235 Summer Rd # 205, Boxborough
- Website: <https://www.actonfoodpantry.org>

Mount Calvary Supper: Drive-thru meal pick-up. Upcoming meals this month include meatball subs, BBQ pork sandwiches, hot dogs and hamburgers, and eggs and sausage.

- When: Wednesdays 5:00-6:00pm
- Where: 472 Massachusetts Avenue, Acton (back driveway of Mt. Calvary Lutheran Church)
- Website: <https://www.mtcalvaryacton.org/community-supper>

The Stow Food Pantry: Provides food and personal items one weekend a month. Pre-packaged client orders will be brought to client's car at the appointment time at drive-thru pantry.

- When: One weekend a month (check website)
- Where: Pompo Community Center, 509 Great Road, Stow
- Website: <http://stowfoodpantry.com/>

The Sudbury Food Pantry: Limited to once a month for non-Sudbury residents. Guests choose pantry items, personal care products offered as well.

- When: Currently Tuesdays and Thursdays 12:00-2:15pm. Starting August 1st, Tuesdays and Thursdays 11:00am-1:15pm.
- Where: Our Lady of Fatima Church, 160 Concord Road, Sudbury
- Website: <http://sudburyfoodpantry.org>

Meal Services for Seniors

Minuteman Senior Services: Meals on Wheels delivers lunch to homebound seniors who meet certain guidelines. Call 781-221-7177 for information and referrals.

- When: Deliveries made 11:00am-1:00pm Monday through Friday.
- Where: Delivery provided
- Website: <https://www.minutemansenior.org/>

The Stow Council on Aging: To-go meals for seniors offered for pick-up on Tuesdays and Thursdays (\$2 suggested donation). To order, call 781-221-7048.

- When: Tuesdays and Thursdays at 11:30am.
- Where: Pompositticut Community Center (509 Great Rd, Stow)
- Website: <https://www.stow-ma.gov/council-aging>
- Meals-on-Wheels provides this service



REP. KATE HOGAN'S SENIOR NEWS SEPTEMBER 2020

Taking Care of Your Health During the Pandemic

I hope that you – and those you care about – are healthy and safe. I want to share an update on one of the health innovations that started during the pandemic that has been successful and can have a positive impact on seniors: telehealth.

Some of you may have experienced telehealth, or the delivery of health care via audio, visual or instant messaging/online chat connection. If so, I hope the experience was a good one. Telehealth can be delivered by your regular doctor, in which case you may be required to sign up for their office's secure technology platform. It can also be done

informally, such as when some senior centers offer their regular health and fitness classes via video.

Even in their infancy, telehealth visits have been increasingly successful during the COVID-19 pandemic - especially for dealing with chronic and mental health issues.

With this in mind, my colleagues and I included support for telehealth in our recent healthcare reform bill, H.4888 An Act to promote resilience in our healthcare system. This bill extends insurance coverage for primary care and chronic disease management at the same rate as in-person service for one year. It permanently extends coverage for behavioral telehealth services, over both phone and video, at the same rate as in-person care.

The House bill also includes provisions for stabilizing the hospitals that have been hardest hit during the COVID-19 pandemic by infusing additional cash into financially strapped community hospitals, including Emerson Hospital and UMass Memorial-Marlborough Hospital. The bill is going to be reviewed by a conference committee and is one of the priority bills that will be voted on when the House returns to formal votes in the fall.

Another way to stay healthy is to get outside. Our local outdoor spaces are a great way to enjoy the fall in the District and we have many options to choose from. Maynard's scenic rail trail is ADA-compliant and accessible for seniors, and the kayak and canoe launch at Ice House Landing has a paved walkway and accessible parking.

Our district has many resources to help seniors and their families stay healthy and well during these unprecedented times, including our amazing Councils on Aging, of course!

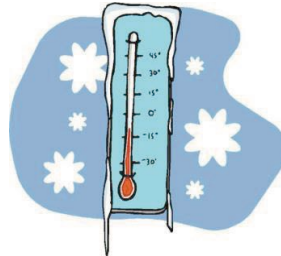
Contact Rep. Hogan:

Virtual office hours for constituents will be held September 17 beginning at 6 pm. Residents may meet with Rep. Hogan by appointment via Zoom or telephone. To schedule an appointment, please call (617) 722-2199 (option #3) to leave a voicemail or email kate.hogan@mahouse.gov. If you are unable to attend office hours and have any issues or concerns, please contact Rep. Hogan as noted.

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 163, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Phone: 978-897-1333
Email: Kate.Hogan@mahouse.gov



SMOC Fuel Assistance



NEED HELP PAYING HEATING COST???

Help is Available!!! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs. If your Gross Income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

Deadline to Apply is April 30, 2021

Household size	Maximum Gross Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201
5	\$87,233
6	\$99,265
7	\$101,521

**For More Information
Contact South Middlesex
Opportunity Council Fuel
Assistance Program
7 Bishop Street
Framingham, MA 01702
508-620-1230 or 508-620-2342**

7 Bishop Street, Framingham, MA 01702 • PH 508 620-2342 TOLL-FREE 800 286-6776 • FAX 508 620-2361 • smoc.org

GRACIOUS RETIREMENT LIVING



Experience the gracious retirement lifestyle our residents enjoy each and every day!

Camellia Gardens is nestled in the back of the much anticipated Maynard Crossing Shopping Center, now under construction and will be home to many popular shops, restaurants, medical care and banking. Along with a great location, we take care of the cooking, housekeeping and local transportation, leaving you more time to enjoy your retirement.

NOW OPEN!

For more information on our gracious retirement lifestyle and to schedule your visit, please call 978-897-1528

STUDIOS
START AT JUST
\$2795
NO BUY IN FEE
OR LONG TERM
LEASE

CAMELLIA GARDENS
Gracious Retirement Living
16 Digital Way, Maynard, MA 01754

Located in the Maynard Crossing Shopping Center next to Market Basket





REP. KATE HOGAN'S SENIOR NEWS OCTOBER 2020

Get Out the Vote!

I hope that you – and those you care about – are healthy and safe. I also hope you have a safe and positive experience voting this election season.

Since the COVID-19 pandemic began, the Town of Maynard has successfully held a Town Election (on June 23, 2020) and a State Primary Election (on September 1, 2020). Turnout for these elections was strong; 43% of registered voters cast more than 3,400 votes in September's election.

Please join me in a round of applause for Maynard Town Clerk Michelle Jenkins, her staff, the volunteers and everyone at the post office. They worked tirelessly to get voters registered and signed up for mail-in ballots. They mailed out ballots that were delivered, then redelivered to the clerk's office, and counted, all while opening the polls for early and Election Day voting!

It's important to make a plan now for voting in our General Election on November 3rd. As I'm sure you know, we'll be casting votes for President on November 3rd. We'll also be voting for U.S. Representative, U.S. Senator, State Representative (yours truly), State Senator, and our representative member to the Governor's Council. This year, there are also two ballot questions: Question #1, "Right to Repair Law" Vehicle Data Access Requirement Initiative, and Question #2, Ranked-Choice Voting Initiative. As you consider your candidate and ballot question choices, please also consider your options for casting your vote. These options include:

Registering to Vote – The deadline for registering to vote is October 24. Go to <https://www.sec.state.ma.us/ovr/> to register to vote OR makes changes to your name/address/etc.

Requesting a Mail-in Ballot – All registered voters qualify to vote by mail in the fall 2020 elections. The deadline for requesting a mail-in or absentee ballot is October 28 at 5 pm.

Mailing in your ballot - Mailed Ballots include a postage pre-paid return ballot envelope that is addressed to the Town Clerk's Office. Ballots returned by mail must be postmarked by November 3rd AND received in the Town Clerk's Office by 5 pm on November 6th.

Dropping off your ballot – You may hand deliver your ballot by placing it in the drop box outside of the front door to Town Hall. The deadline is 8 pm on November 3rd.

Tracking your application and ballot – Go to: <https://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx>

Voting Early in-person – Early in-person voting will take place October 17th – October 30th at Maynard Town Hall, 195 Main Street, in the Soup Campbell Room. Please enter through the rear of the building. Please note that only 5 voters will be allowed in the Town Hall at one time.

Voting on Election Day – All precincts will vote at the Fowler School, 3 Tiger Drive, Maynard from 7 am – 8 pm.

Thank you for making our democracy work! I welcome your feedback on these options for voting. What has the experience been like for you?

Contact Rep. Hogan:

My (virtual) door is always open. If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at Kate.Hogan@mahouse.gov.

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 163, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Phone: 978-897-1333
Email: Kate.Hogan@mahouse.gov

FINE ARTS THEATRE HAS REOPENED!

As new releases continue to be rescheduled, it is difficult to say exactly what films we will be showing. We are currently playing Chris Nolan's Tenet and predict it will remain on the big screen at Fine Arts Theatre through the end of October. We will continue to bring you a mix of new and classic programming in the coming weeks/months. Visit our website or follow us on Facebook (facebook.com/FineArtsTheatrePlace) for updates.

FINE ARTS THEATRE PLACE

WE ARE COMMITTED TO A SAFE REOPENING AND ARE TAKING ALL PRECAUTIONS TO KEEP OUR GUEST SAFE AND COMFORTABLE!

Here are some tips to help keep you safe while visiting Fine Arts Theatre!

- As much as we miss your face, please stay home if you are feeling unwell. We know you are sick of Netflix, but you can come see us when you are feeling better.
 - Wear a mask and bring hand sanitizer. Keep the mask on when not eating/drinking.
 - Don't share food. You can finally justify keeping your popcorn all to yourself.
 - Only go with members of your household or a close group you've already spent time with.
 - Maintain at least a 6-foot distance from others.
 - Follow all social distancing markers while in the theatre
 - Do not sit in blocked off seats
 - We recommend keeping at least three chairs/rows between you & other parties
 - Wash/disinfect your hands whenever necessary.
- EACH AUDITORIUM IS THOROUGHLY CLEANED AND SANITIZED BETWEEN EACH FILM. IN ADDITION, WE ARE LIMITING EACH AUDITORIUM TO JUST 25 PEOPLE PER FILM (INCLUDING THE LARGE THEATRE) REDUCING OUR TOTAL CAPACITY TO JUST 11%, ALLOWING PLENTY OF SPACE FOR ALL OUR GUESTS TO SPREAD OUT AND FEEL COMFORTABLE AND STAY SAFE!**

Scan the code below to
visit us on Facebook!



THEATRE CREAMERY

**NOW OPEN NEXT TO
FINE ARTS THEATRE PLACE**

Follow Us on Facebook and Instagram!

Visit Theatre Creamery After your show to receive a free size upgrade on your ice cream by showing your ticket!